


**CFUW
16 DAYS
16 ACTIONS**

Taking Actions to End Violence Against Women
CFUW Toolkit for The 16 Days of Activism Campaign

November 25 to December 10



CFUW 16 DAYS 16 ACTIONS

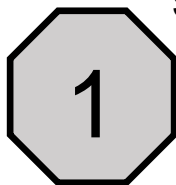
From **November 25**, International Day for the Elimination of Violence against Women, to **December 10**, International Human Rights Day, let's generate actions to put an end to violence against women and girls.

CFUW clubs and members have the ability to be change-makers in their communities and across the country.

Unequal power relations, biased social norms and practices, and discriminatory legal dispositions have a profound impact on the prevalence of violence against women and girls in our society. This is why preventing and addressing violence against women requires a broad spectrum of actions that start with our own inner circle of friends and family and goes all the way to our governing institutions, with both national and international focus.

CFUW has gathered a list of 16 Actions, from personal activism to joint collective actions, for members and clubs to take on during the *16 Days of Activism against Gender-Based Violence* a national and international campaign that invites everyone to take action to end gender-based violence. We hope this list will inspire members and clubs to generate actions to address violence against women and girls during the 16 days and beyond.

Support Your Local Shelter



Participate in The Shoebox Project for Shelters. Shoeboxes are filled with items such as: gift cards, skin care products, good quality soaps and shampoos, make-up, chocolates, and warm socks and mittens to name a few. Donors are also encouraged to include a message of support in their Shoebox gift. For more information consult : <http://www.shoeboxproject.com>

Support a Database for Women's Shelters



[Donate to Women's Shelters Canada](#) to support their work in maintaining an [accessible database](#) of women's shelters, as well as coordinating with shelters for best practices.

Take a Course to Challenge VAW



Subscribe to a massive open online course (MOOC) on violence against women. The University of Strathclyde Glasgow offers a free online course "***Understanding Violence against Women: Myths and Realities***". The course is offered to anyone interested in challenging Violence against Women, no prior experience of the subject is needed. [Click here to subscribe](#).

Attend a Local 16 Days Event



You can consult WIIS-Canada to find out about [16 Days Campaign Events](#) closest to you. And if you're holding your own event, you can register it [here](#).

Take Action on Non-State Actor Torture



Although Canada is aware of the occurrence of torture by non-state actors and that it especially impacts women and girls, there is no specific national legal disposition and action plan to protect and support the victims. Send a letter asking that Non-State Torture be named as a specific form of violence in the Government of Canada *Strategy to Prevent and Address Gender-Based Violence* as a first step to make visible this serious issue and begin to generate actions on it. [Click here](#) for the template letter.



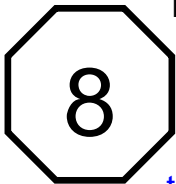
Email/Send Support for the Equal Status of Indigenous Women

Legislation that fails to recognize Indigenous women as individuals with the same rights as their male counterparts is one of the institutional and structural inequalities that contributes to the disproportionately high rates of violence against them. Clubs and individuals can e-mail local federal elected representatives as well as senators from your province or territory asking them to support an amendment to Bill S-3, calling for the full and final removal of sex discrimination from the *Indian Act*. You can also organize a letter writing marathon and get members of your community to write letters. [Follow this link](#) for a sample email to send to your Member of Parliament. [Follow this link](#) for a sample email to send to Senators from your province or territory.



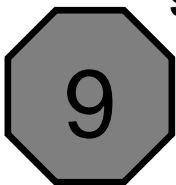
Support the Families of the Missing and Murdered Indigenous Women and Girls

To support the families of the missing and murdered indigenous women and girls you can [donate](#) to Native Women Association of Canada (NWAC) that work closely with them.



Mark the International Day for the Elimination of Violence against Women on November 25

Send a press release to your local Media outlet to mark November 25th and highlight your club and CFUW's involvement on the issue. [Click here for the template](#). Consult [CFUW UPR Submission](#) for more details on VAW and CFUW [Working with Local Media](#) documentation.



Speak Out on Social Media

Use social media posts to speak out against sexual assault, Islamophobia, transphobia, homophobia, anti-Black, racism, anti-Indigeneity, cyberviolence, victim-blaming.

Consult the [flash fact](#) from the 16 days campaign. You can also share statistics on VAW from CFUW [UPR submission](#) or other resources.

Find out about other hashtags you can use [here](#).

!!! *Change your profile picture to the 16 Days official logo and use this to promote events and involvement in the campaign. Swap your picture on the first day of the campaign*

(Nov. 25) and keep it through December 10. Create a profile picture with the 16 Days logo [here](#).

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Speak Up: Challenge Comments/Jokes Promoting VAW

Sexism, racism, transphobia, homophobia and predator attitudes are reinforced in our daily interactions and often passed off as jokes.

To the friend or family member that inevitably comes up with an offensive sexual joke at dinner or over drinks (and that makes you uncomfortable) it is time to shed light on what this joke represents. By being honest and saying that these sexist comments or attitudes are not okay, you can inspire others to do the same and make a shift in terms of everyday toxic attitudes. Even though your friend says he/she doesn't mean anything by it, it still promotes a culture of violence and discrimination that has serious and real impacts on women. You have the power to positively influence your surroundings and if you are able to speak up, it is time to do so for those who can't.

Listen to [Laura Bates Tedx Talk](#) on everyday sexism for inspiration. Consult [this article](#) for tips on how to assess and respond to your friend sexist comments/jokes. You can also read "Feminist fight club" by Jessica Bennett focused on workplace sexism. For more theory on bystander intervention consult "[Review of bystander approaches in support of preventing violence against women](#)".

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Challenge online harassment

To learn how to help peers, especially young girls and/or women with online harassment and online relationships, consult [the project shift](#). Empower yourself and others to face these situations and recognize that online harassment is not okay.

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Commemorate December 6th

[Send an op-ed or press release](#) to the editors of your local media outlet to reflect on Montreal massacre. You can highlight the ongoing problem of sexual assault on campus and the need for a Canada-wide, comprehensive sexual assault policy and prevention strategy. Consult [CFUW 2016 Brief to Status of Women](#).

Purchase Rose Buttons to commemorate the 14 young women murdered on December 6, 1989 in Montréal at L'École Polytechnique.

You can hold a minute of silence at your office. You can also hold a remembrance vigil in front of your townhall. Be sure to send out invitations to local groups and inform your local media outlet in a media advisory and press release.

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Invite speakers or host a panel discussion/public forum

Invite researchers, practitioners, activists or politicians involved in ending violence against women to a forum organized by your club. You can also use this special event to raise funds for local shelters, NWAC, Women's Shelters or other organizations involved in ending violence against women.

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Organize a film screening

Organize a film screening in your community to raise awareness on VAW. You can also use this special event to raise funds for local shelters, NWAC, Women's Shelters or other organizations involved in ending violence.

For movie suggestions [click here](#).

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Sign [Amnesty International's Letter](#) to Stop the Violence and Sexual Violence against the Rohingyas in Myanmar

The ongoing violence against the Rohingya population in Myanmar is causing more than 500,000 to flee their homes. Women and girls are most vulnerable to this violence as evidenced by reports of the High Commissioner for Human Rights (OHCHR) on high rates of murder of children and women as well as massive and systematic rape and sexual violence.

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Orange Your City

Every year, the United Nations Secretary General initiates the UNiTE campaign to End Violence against Women, which calls on governments, UN entities, civil society organizations and individuals across the world to “orange their neighborhoods” to raise public awareness about the issue of violence against women and girls. You can participate by wearing orange, encouraging your neighbours and friends, and by writing to your Mayor and City Councillors to light up City Hall in **Orange**, [English template available here](#) or [French template available here](#).

Special Commemorative Dates and Events During the 16 Days

25 November: International Day to End Violence against Women

29 November: International Women Human Rights Defenders Day

1 December: World Aids Day

6 December: National Day of Remembrance and Action on Violence against Women

10 December: International Human Rights Day

Local organizations you can contact to invite to your event, for partnerships or to learn about their events:

Women's Shelter

Sexual Assault and rape crisis centres

Organizations that work with men and boys to prevent violence

Coalitions or groups dedicated to ending VAW

Organizations that work with trafficked and prostituted women

Indigenous organizations that have VAW prevention program

Your local YMCA

Women's Rights University Group

Let us know what actions you plan on undertaking for the 16 Days to End Violence against Women and Girls. Contact Geneviève at cfuwadvocacy@rogers.com

Sign your event to 16 Days campaign for it to be featured in the event calendar Women In International Security Canada. **Submit your event by Sunday November 19, 2017** at <http://www.wiiscanada.org/16-days-2017/>

Consult [CFUW's website](#) for more events, information and ideas to end VAW throughout the year.